

14 HEALTHY MEDITERRANEAN

Recipes



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14 Healthy Mediterranean Recipes

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Tasty Mediterranean Healthy Recipes

Greek Salad

Ingredients:

- 2 cups cherry tomatoes, halved.
- 1 cucumber, diced.
- 1 red onion thinly sliced.
- 1 cup Kalamata olives, pitted.
- 1 cup feta cheese, crumbled.
- 1/4 cup extra-virgin olive oil
- 2 tablespoons red wine vinegar
- 1 teaspoon dried oregano
- Salt and pepper to taste

Instructions:

In a large bowl, combine tomatoes, cucumber, red onion, and olives.

In a small bowl, whisk together olive oil, red wine vinegar, oregano, salt, and pepper.

Pour the dressing over the salad and toss to combine.

Sprinkle crumbled feta cheese on top.

Serve chilled.

2. Grilled Lemon Herb Chicken

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 lemons juiced and zested.
- 3 cloves garlic, minced.
- 2 tablespoons fresh rosemary, chopped.

- 2 tablespoons fresh thyme, chopped.
- Salt and pepper to taste
- Olive oil for brushing

Instructions:

In a bowl, mix lemon juice, lemon zest, garlic, rosemary, thyme, salt, and pepper.

Marinate chicken breasts in the mixture for 30 minutes.

Preheat a grill to medium-high heat and brush with olive oil.

Grill chicken for 6-8 minutes per side or until fully cooked.

Serve hot.

3. Hummus

Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- 2 cloves garlic
- 1/4 cup tahini
- 1/4 cup lemon juice
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon ground cumin
- Salt to taste
- Paprika and olive oil for garnish

Instructions:

In a food processor, blend chickpeas, garlic, tahini, lemon juice, olive oil, cumin, and salt until smooth.

Transfer to a serving bowl.

Drizzle with olive oil and sprinkle paprika on top.

Serve with pita bread or fresh veggies.

4. Mediterranean Quinoa Salad

Ingredients:

- 1 cup quinoa rinsed and cooked.
- 1 cup cherry tomatoes, halved.
- 1 cucumber, diced.
- 1/2 cup red bell pepper, chopped.
- 1/4 cup red onion finely chopped.
- 1/4 cup fresh parsley, chopped.

- 1/4 cup fresh mint, chopped.
- 1/4 cup feta cheese, crumbled.
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- Salt and pepper to taste

Instructions:

In a large bowl, combine cooked quinoa, cherry tomatoes, cucumber, red bell pepper, red onion, parsley, mint, and feta cheese.

In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.

Pour the dressing over the salad and toss to combine.

Serve chilled.

5. Mediterranean Stuffed Peppers

Ingredients:

- 4 bell peppers, any color
- 1 cup cooked brown rice.
- 1 cup canned chickpeas, drained and rinsed.
- 1 cup diced tomatoes.
- 1/2 cup diced cucumber.
- 1/4 cup red onion finely chopped.
- 1/4 cup Kalamata olives pitted and chopped.
- 1/4 cup crumbled feta cheese
- 2 tablespoons fresh parsley, chopped.
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon dried oregano
- Salt and pepper to taste

Instructions:

Preheat the oven to 375°F (190°C).

Cut the tops off the peppers and remove the seeds.

In a bowl, combine cooked rice, chickpeas, diced tomatoes, cucumber, red onion, olives, feta cheese, parsley, olive oil, oregano, salt, and pepper.

Stuff each pepper with the mixture.

Place the stuffed peppers in a baking dish, cover with foil, and bake for 30-35 minutes, until peppers are tender.

Serve hot.

6. Tzatziki Sauce

Ingredients:

- 1 cup Greek yogurt
- 1 cucumber grated and drained.
- 2 cloves garlic, minced.
- 2 tablespoons fresh dill, chopped.
- 1 tablespoon lemon juice
- Salt and pepper to taste

Instructions:

In a bowl, combine Greek yogurt, grated cucumber, garlic, dill, lemon juice, salt, and pepper.

Mix well and refrigerate for at least 30 minutes before serving.

Serve as a dip or sauce with pita bread or grilled meats.

7. Mediterranean Baked Fish

Ingredients:

- 4 white fish fillets (such as cod or tilapia)
- 2 tomatoes, sliced.
- 1/2 cup Kalamata olives, pitted.
- 1/4 cup red onion thinly sliced.
- 2 cloves garlic, minced.
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh oregano, chopped.
- Salt and pepper to taste
- Lemon wedges for serving.

Instructions:

Preheat the oven to 375°F (190°C).

Place fish fillets in a baking dish.

Top with tomato slices, olives, red onion, and garlic.

Drizzle with olive oil, sprinkle with oregano, salt, and pepper.

Bake for 20-25 minutes or until the fish flakes easily with a fork.

Serve with lemon wedges.

8. Falafel

Ingredients:

- 1 cup dried chickpeas soaked chopped.
- 1/2 cup fresh parsley, chopped.
- 1/2 cup fresh cilantro, chopped.
- 1 small onion, chopped.
- 4 cloves garlic, minced.
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/4 teaspoon cayenne pepper
- Salt and pepper to taste
- 1 teaspoon baking powder
- 4-6 tablespoons flour
- Vegetable oil for frying

Instructions:

Drain and rinse-soaked chickpeas.

In a food processor, blend chickpeas, parsley, cilantro, onion, garlic, cumin, coriander, cayenne pepper, salt, and pepper until a coarse mixture forms.

Transfer to a bowl and stir in baking powder and enough flour to make a dough that can be formed into balls.

Form the mixture into small balls and flatten slightly.

Heat vegetable oil in a pan over medium heat.

Fry the falafel until golden brown, about 3-4 minutes per side.

Serve in pita bread with tzatziki sauce and veggies.

9. Mediterranean Lentil Soup

Ingredients:

- 1 cup dried green or brown lentils rinsed and drained.
- 1 onion, chopped.
- 2 carrots, chopped.
- 2 celery stalks, chopped.
- 3 cloves garlic, minced.
- 1 can (14 oz) diced tomatoes.
- 6 cups vegetable broth
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika.
- Salt and pepper to taste
- Fresh lemon juice and fresh parsley for garnish

Instructions:

In a large pot, sauté onions, carrots, and celery in olive oil until softened.

Add garlic, cumin, and smoked paprika, and cook for another minute.

Add lentils, diced tomatoes, and vegetable broth. Bring to a boil.

Reduce heat, cover, and simmer for about 30 minutes or until lentils are tender.

Season with salt and pepper.

Serve hot, garnished with fresh lemon juice and parsley.

10. Mediterranean Roasted Vegetables

Ingredients:

- 2 bell peppers, sliced.
- 1 zucchini, sliced.
- 1 yellow squash, sliced.
- 1 red onion, sliced.
- 1 cup cherry tomatoes
- 2 cloves garlic, minced.
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Fresh basil for garnish

Instructions:

Preheat the oven to 425°F (220°C).

In a large bowl, toss together bell peppers, zucchini, yellow squash, red onion, cherry tomatoes, and minced garlic.

Drizzle with olive oil and sprinkle with oregano, salt, and pepper. Toss to coat.

Spread the vegetables on a baking sheet in a single layer.

Roast for 25-30 minutes or until vegetables are tender and slightly caramelized.

Garnish with fresh basil before serving.

11. Mediterranean Quinoa Stuffed Bell Peppers

Ingredients:

- 4 bell peppers, any color
- 1 cup cooked quinoa

- 1 can (15 oz) chickpeas, drained and rinsed.
- 1/2 cup diced cucumber.
- 1/4 cup diced red onion.
- 1/4 cup Kalamata olives pitted and chopped.
- 1/4 cup crumbled feta cheese
- 2 tablespoons fresh parsley, chopped.
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

Instructions:

Preheat the oven to 375°F (190°C).

Cut the tops off the peppers and remove the seeds.

In a bowl, combine cooked quinoa, chickpeas, cucumber, red onion, olives, feta cheese, parsley, olive oil, lemon juice, salt, and pepper.

Stuff each pepper with the mixture.

Place the stuffed peppers in a baking dish, cover with foil, and bake for 30-35 minutes, until peppers are tender.

Serve hot.

12. Mediterranean Grilled Eggplant

Ingredients:

- 2 large eggplants, sliced into 1/2-inch rounds.
- 1/4 cup extra-virgin olive oil
- 2 cloves garlic, minced.
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Fresh lemon juice and chopped fresh mint for garnish.

Instructions:

Preheat a grill or grill pan to medium-high heat.

In a bowl, combine olive oil, minced garlic, dried oregano, salt, and pepper.

Brush both sides of eggplant slices with the olive oil mixture.

Grill the eggplant slices for 3-4 minutes per side until tender and grill marks appear.

Arrange grilled eggplant on a platter, drizzle with fresh lemon juice, and garnish with chopped fresh mint.

13. Greek Spinach and Feta Stuffed Chicken Breast

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 cups fresh spinach, chopped.
- 1/2 cup crumbled feta cheese
- 2 cloves garlic, minced.
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Olive oil for cooking

Instructions:

Preheat the oven to 375°F (190°C).

In a bowl, combine chopped spinach, feta cheese, minced garlic, dried oregano, salt, and pepper.

Carefully cut a pocket into each chicken breast.

Stuff each chicken breast with the spinach and feta mixture.

Heat olive oil in an ovenproof skillet over medium-high heat.

Brown chicken breasts for 2-3 minutes per side.

Transfer the skillet to the preheated oven and bake for 20-25 minutes or until the chicken is cooked through.

Serve hot.

15. Mediterranean Tuna Salad

Ingredients:

- 2 cans (5 oz each) canned tuna, drained
- 1 cucumber, diced.
- 1 cup cherry tomatoes, halved.
- 1/4 cup red onion finely chopped.
- 1/4 cup Kalamata olives pitted and chopped.
- 1/4 cup fresh parsley, chopped.
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar
- Salt and pepper to taste
- Feta cheese (optional)

Instructions:

In a bowl, combine canned tuna, diced cucumber, cherry tomatoes, red onion, olives, and fresh parsley.

In a small bowl, whisk together olive oil, red wine vinegar, salt, and pepper.

Pour the dressing over the salad and toss to combine.

If desired, crumble feta cheese on top before serving.

Serve chilled.

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